

## Test yourself for Progesterone Deficiency

Signs and symptoms of Progesterone Deficiency		No Never	Little Rarely	Moderate Regularly	Much Often	Extreme Constant
1.	My breasts are large	0	1	2	3	4
2.	My close friends complain I'm nervous and agitated	0	1	2	3	4
3.	I feel anxious	0	1	2	3	4
4.	I sleep lightly and restlessly	0	1	2	3	4
<b>For women who have not yet reached menopause, and menopausal women who are taking hormone replacement therapy (estrogen or estrogen/progesterone).</b>						
5.	My breasts are swollen and tender or painful before my period	0	1	2	3	4
6.	...and my lower belly is swollen	0	1	2	3	4
7.	...and I'm irritable and aggressive	0	1	2	3	4
8.	...and I lose my self-control	0	1	2	3	4
9.	I have heavy periods ...	0	1	2	3	4
10.	...and they are continuously painful	0	1	2	3	4
		<b>Total</b>				
		<b>Overall total</b>				
<b>First 4 questions</b>		<b>First 8</b>	<b>10 questions</b>			
<b>Score</b>	<b>4 or less</b>	<b>8 or less</b>	<b>10 or less</b>	Satisfactory level		
	<b>Between 4 - 8</b>	<b>Between 8 - 16</b>	<b>10 - 20</b>	Possible Progesterone deficiency		
	<b>8 or more</b>	<b>8 or more</b>	<b>21 or more</b>	Probable Progesterone deficiency		